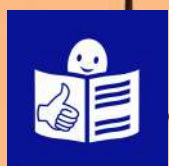


Mes recettes de cuisine



en FALC



Recettes **salées**



Cette icône indique que la recette est végétarienne.



Salade de pâtes

2 Personnes



Ce qu'il faut



Pâtes



3

Tomates



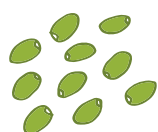
1

Poivrons



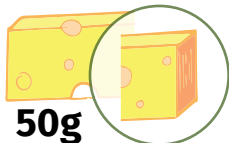
2

Œufs



10

Olives



50g

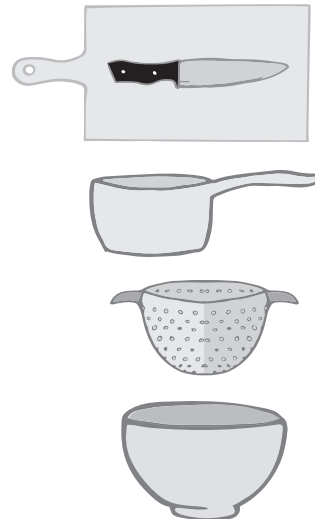
un peu
Gruyère



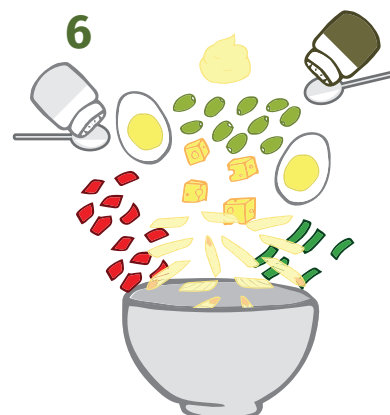
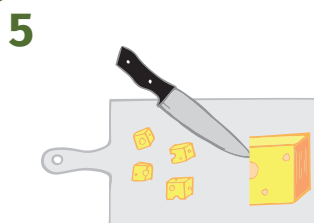
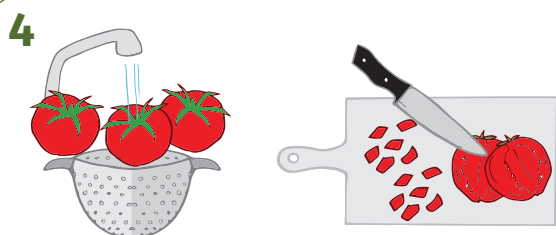
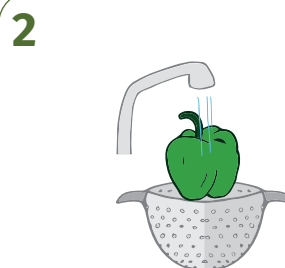
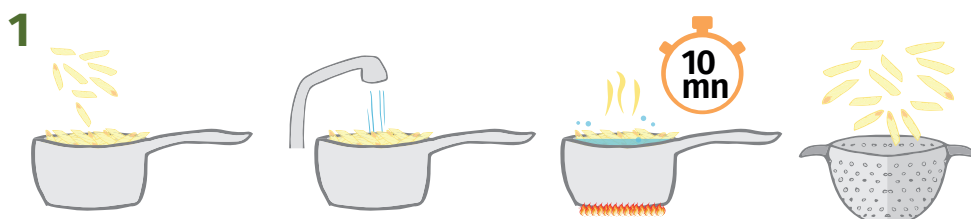
Mayonnaise



Poivre/Sel



Les étapes





Carotte râpées au citron avec des raisins secs

2 Personnes



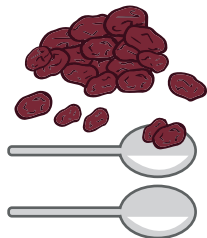
Ce qu'il faut



3
Carottes



Moitié
Citron



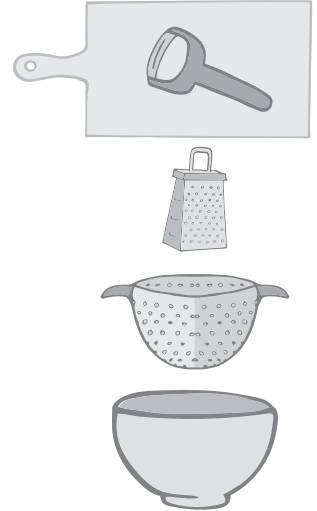
Raisins secs



Poivre/Sel

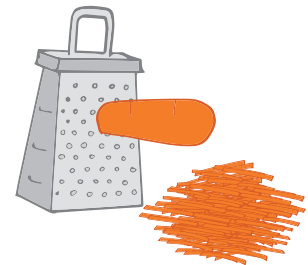
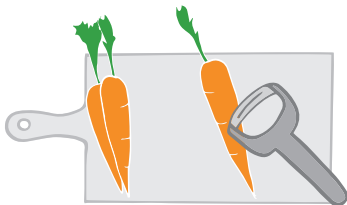


Huile d'olive

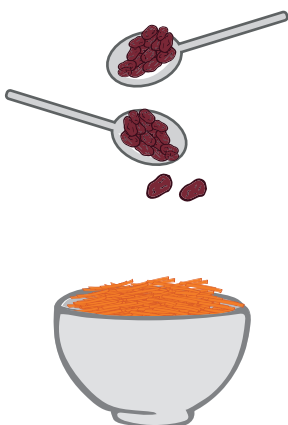


Les étapes

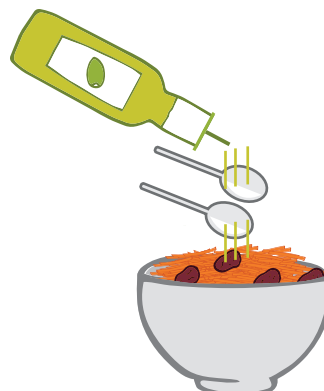
1



2



3



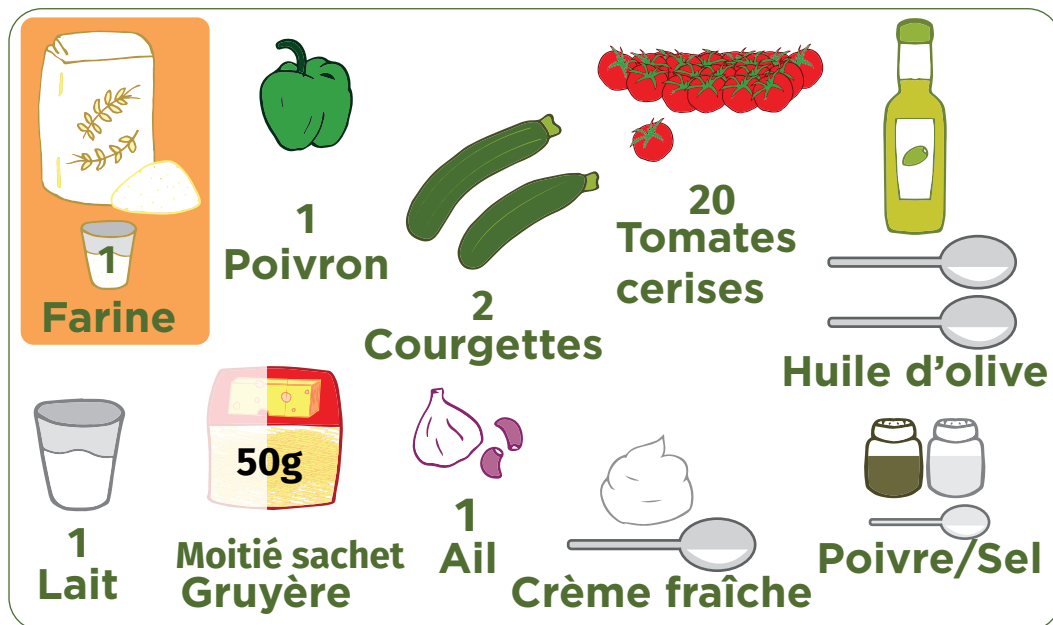


Quiche aux légumes

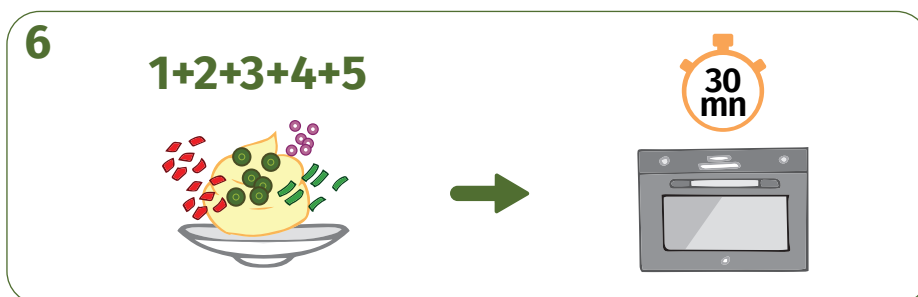
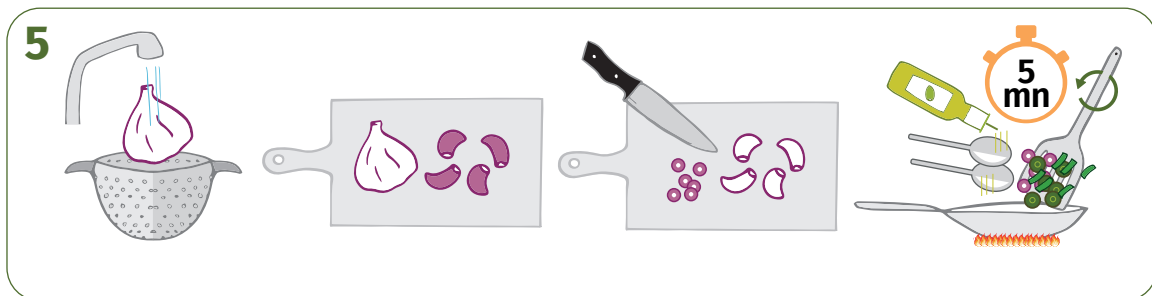
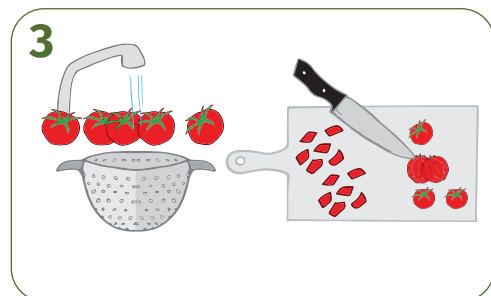
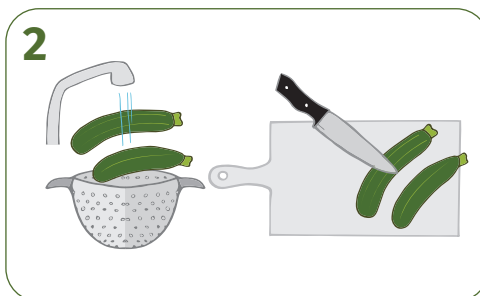
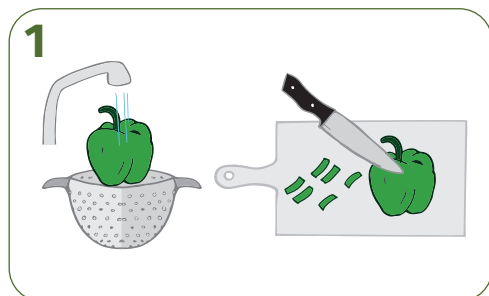
4 Personnes



Ce qu'il faut



Les étapes





Salade de concombre sauce yaourt

2 Personnes



Ce qu'il faut



3
Tomates



1/2
Concombre



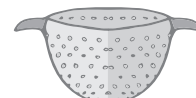
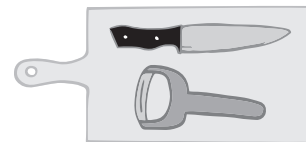
Moitié
Citron



5 brins
Ciboulette

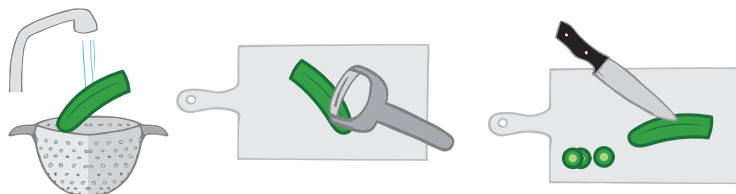


Poivre/Sel

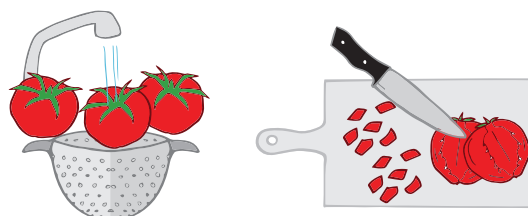


Les étapes

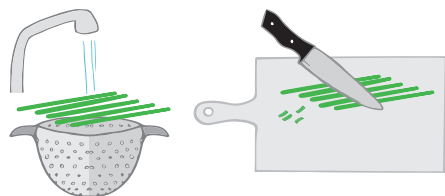
1



2



3



4





Salade tomates, concombre, fêta

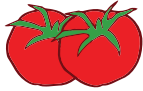
2 Personnes



Ce qu'il faut



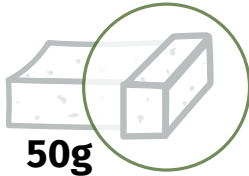
Moitié
Oignon



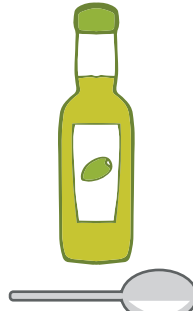
2
Tomates



Moitié
Citron



50g
un peu
Fêta



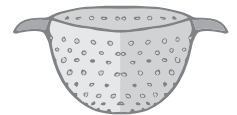
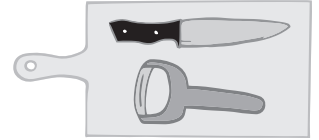
Huile
d'olive



Moitié
Concombre



Poivre/Sel

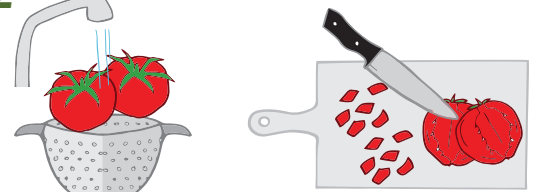


Les étapes

1



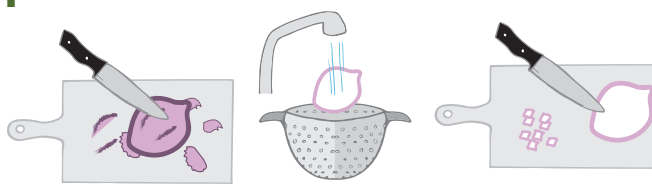
2



3



4



5



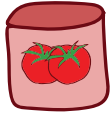


Ratatouille

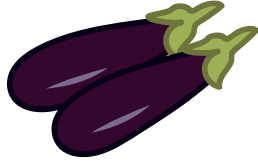
2 Personnes



Ce qu'il faut



1 boîte
Coulis
de tomate



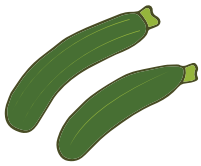
2
Aubergines



1
Oignon



Huile
d'olive



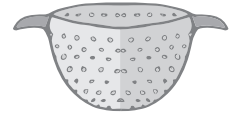
2
Courgettes



2
Gousses
d'ail



Poivre/Sel



Les étapes

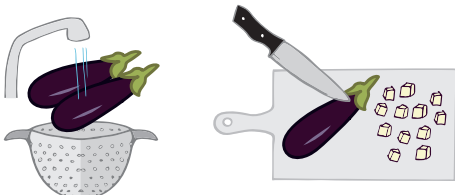
1



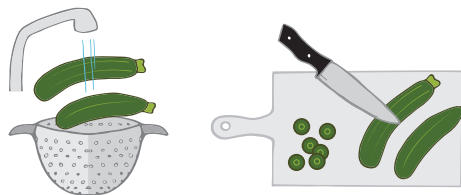
2



3



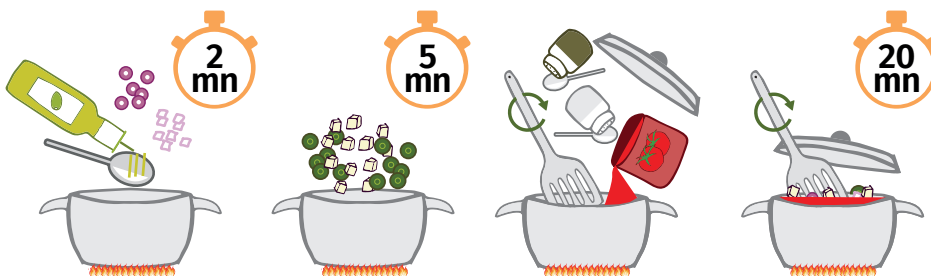
4



5



6

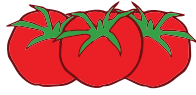




Ce qu'il faut



**Moitié sachet
Riz**



**3
Tomates**



**10
Cornichons**



Maïs



Thon



Mayonnaise



Poivre/Sel

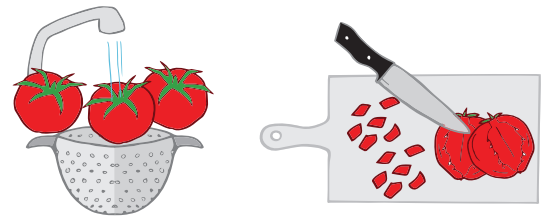


Les étapes

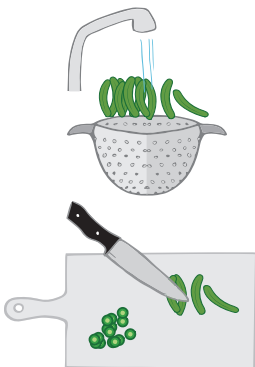
1



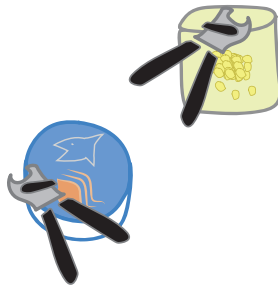
2



3



4



5

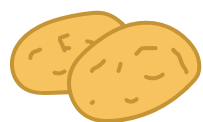


Omelette

2 Personnes



Ce qu'il faut



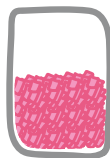
2
Pommes
de terre



1
Oignon



4
Œufs



Moitié
barquette
Lardons



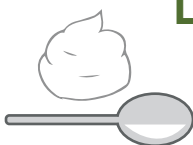
Huile
d'olive



4
Champignons



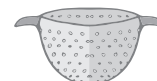
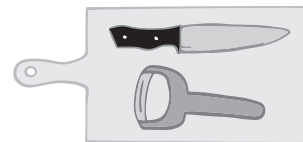
Moitié Sachet
Gruyère



Crème
fraîche

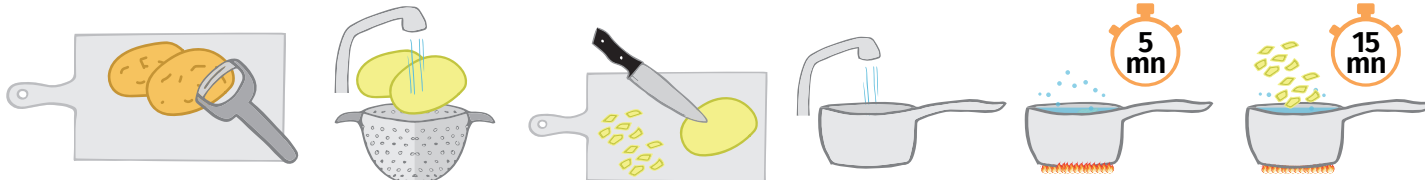


Poivre/Sel

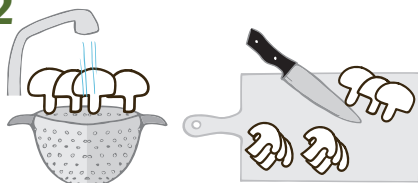


Les étapes

1



2



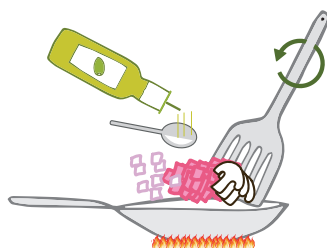
3



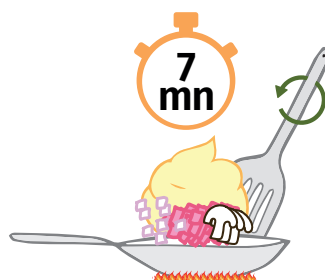
4



5



6



Salade pommes de terre

2 Personnes



Ce qu'il faut



4
Pommes
de terre



4
Tomates



2
Œufs



Huile
d'olive



1 Boîte
Jambon



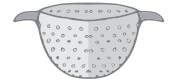
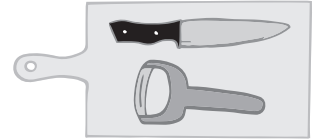
10
Cornichons



Mayonnaise

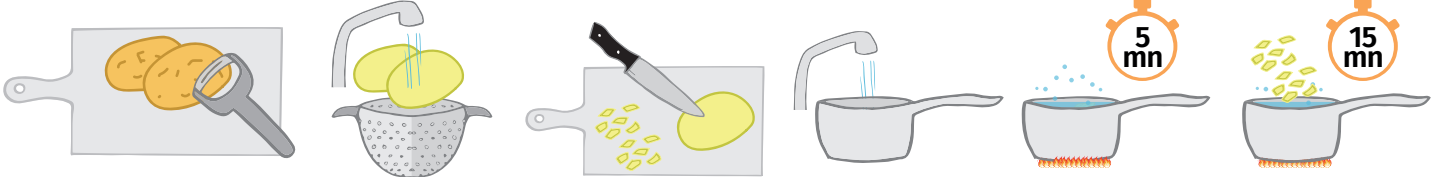


Poivre/Sel



Les étapes

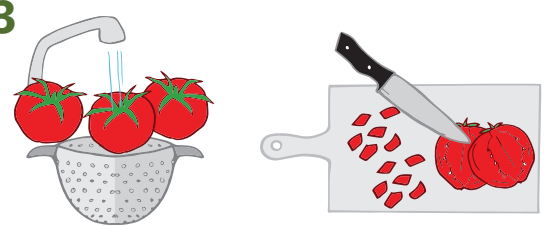
1



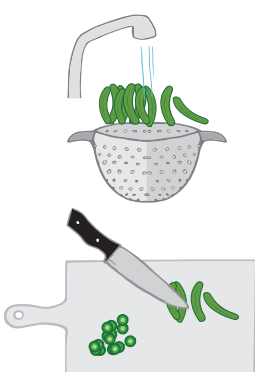
2



3



4



5



Taboulé

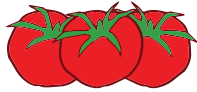
2 Personnes



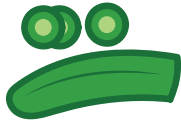
Ce qu'il faut



**1 Sachet
Taboulé**



**3
Tomates**



**Moitié
Concombre**



Huile d'olive



**1
Eau**



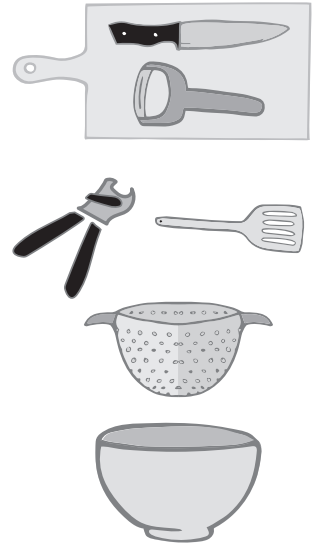
**1
Thon**



**Moitié
Citron**



Poivre/Sel

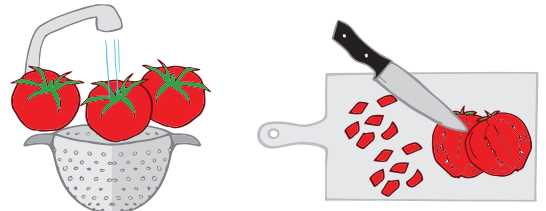


Les étapes

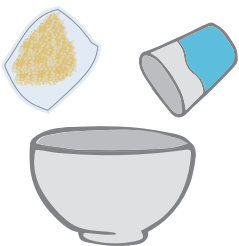
1



2



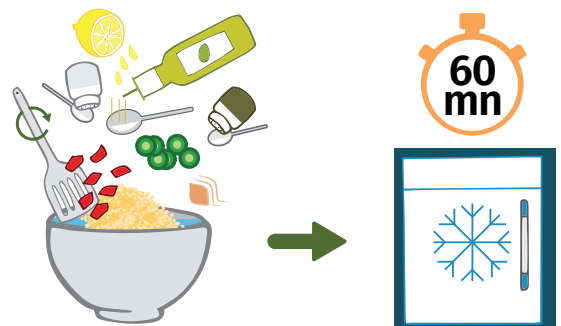
3



4

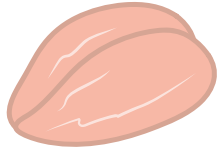


5





Ce qu'il faut



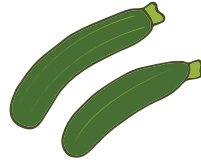
2

Filets de poulet



1

Poivron



2

Courgettes



1

Oignon



1

Gousse d'ail

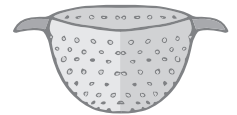
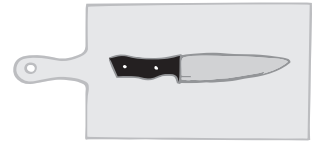


2

Tomates

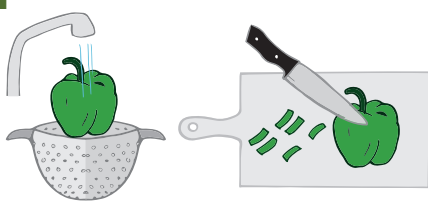


Huile d'olive

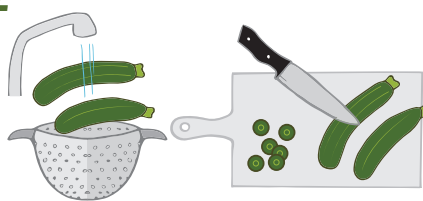


Les étapes

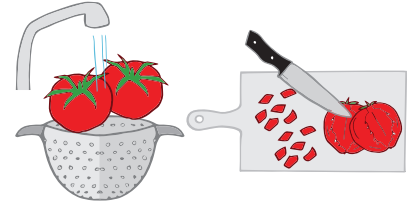
1



2



3



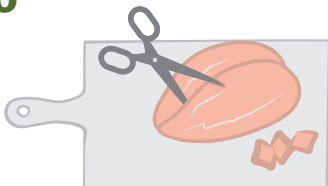
4



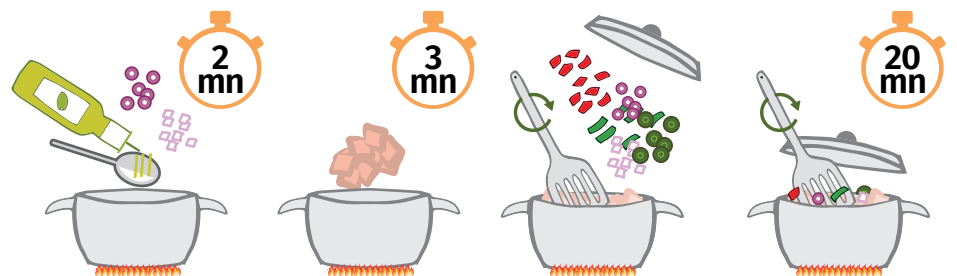
5



6



7



Gratin de courgettes

2 Personnes



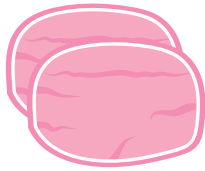
Ce qu'il faut



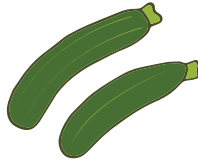
1
Œuf



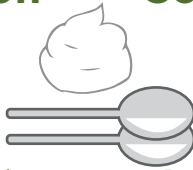
Moitié sachet
Emmental



2 Tranches
Jambon



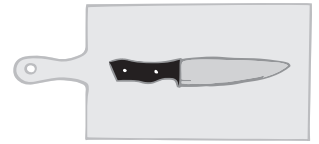
2
Courgettes



Crème fraîche

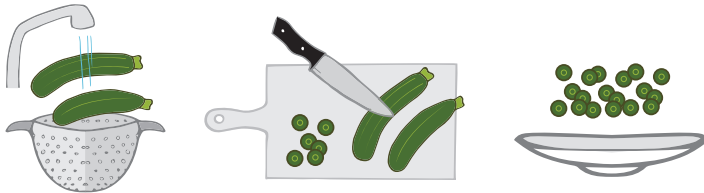


Poivre/Sel



Les étapes

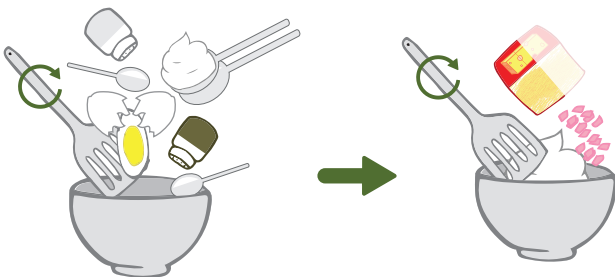
1



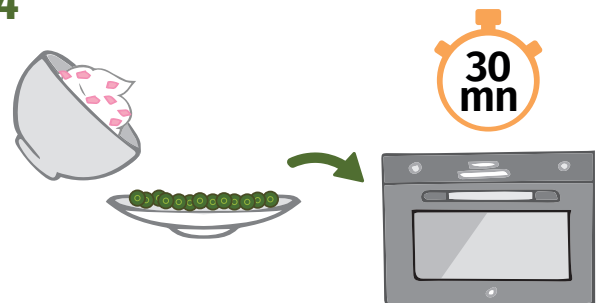
2



3



4





Recettes **sucrées**

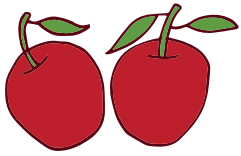


Compote de pommes

2 Personnes



Ce qu'il faut



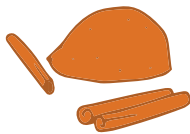
2
Pommes



Moitié sachet
Sucre vanillé



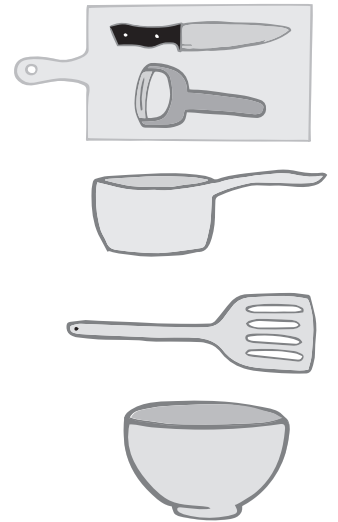
1
Eau



Cannelle

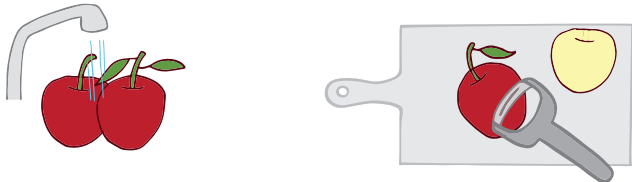


Sucre blanc

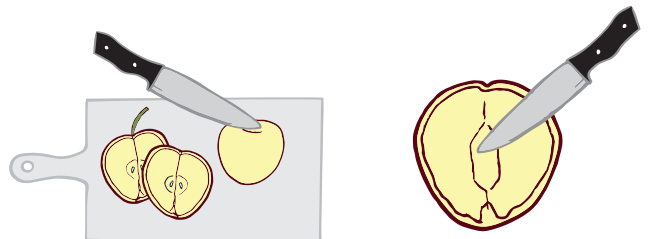


Les étapes

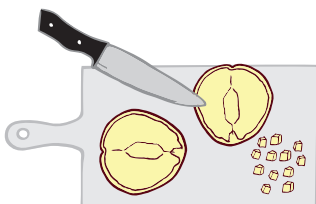
1



2



3



4

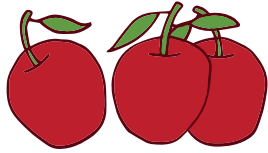


Clafoutis aux pommes

2 Personnes



Ce qu'il faut



3
Pommes



1 Sachet
Sucre vanillé



1
Lait



Huile
d'olive



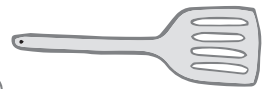
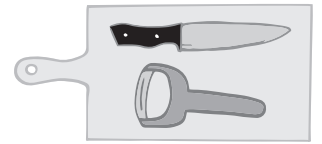
1
Farine



3
Œufs

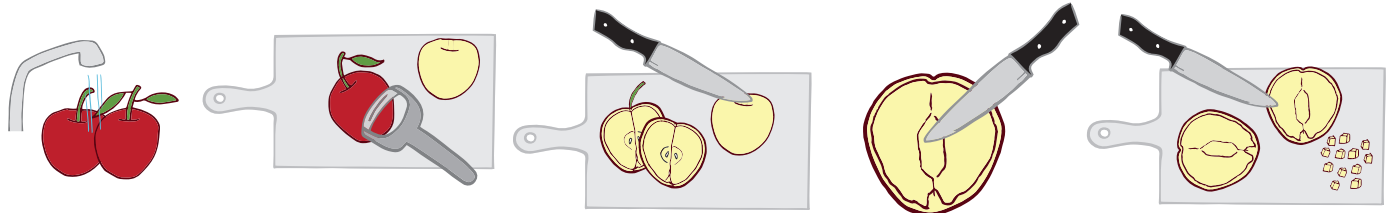


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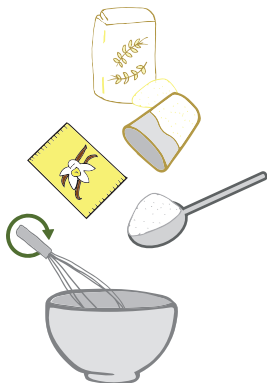


Les étapes

1



3

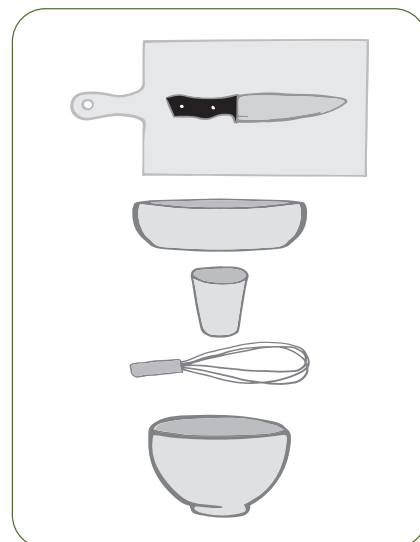


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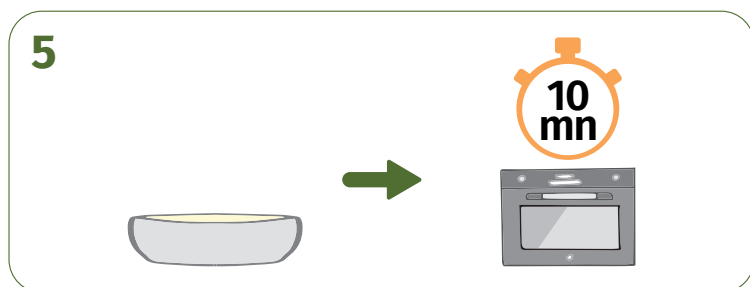
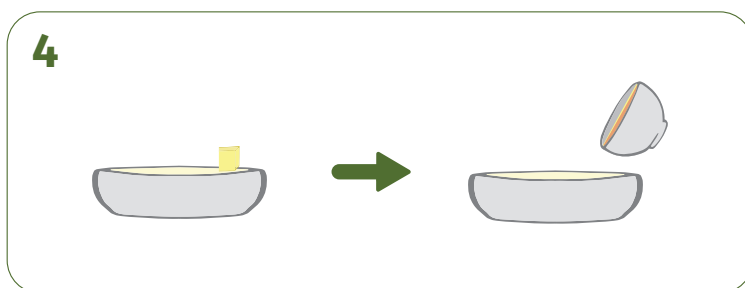
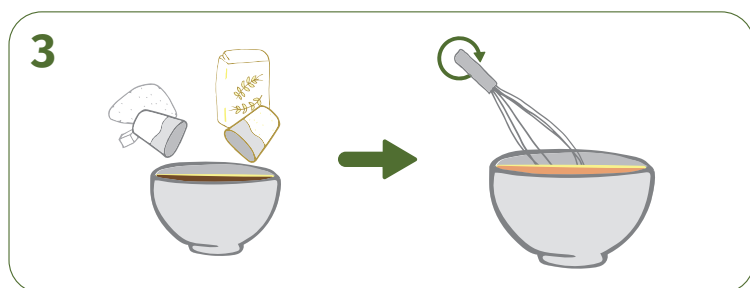
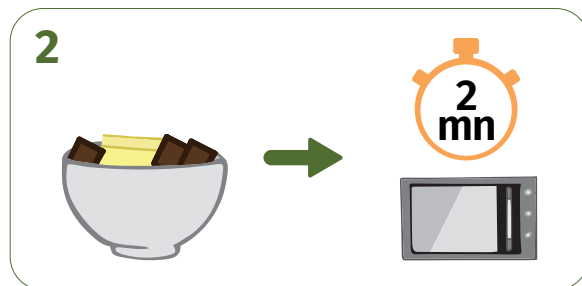
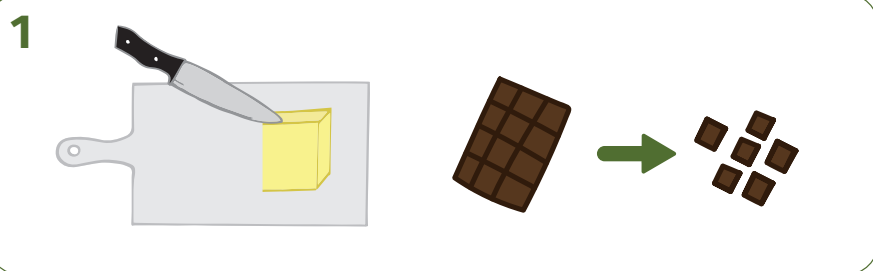




Ce qu'il faut



Les étapes



⚠ À la sortie du four,
si le gâteau ne paraît pas
assez cuit, c'est normal.
Laissez le refroidir !



Ce qu'il faut



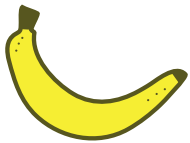
1
Pommes



1
Kiwi



Moitié
Citron



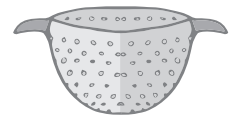
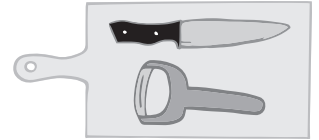
1
Banane



1 Sachet
Sucre vanillé

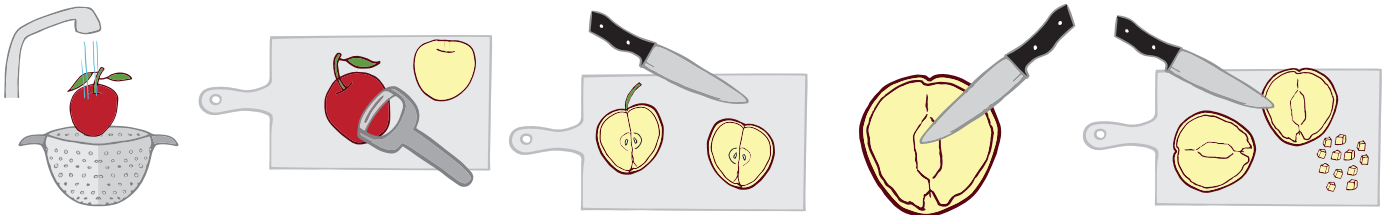


2
Clémentines

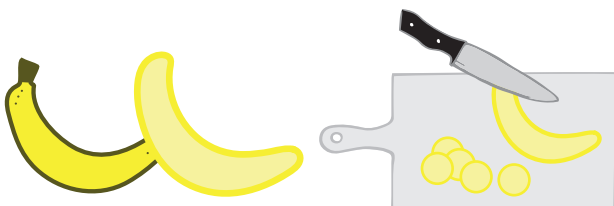


Les étapes

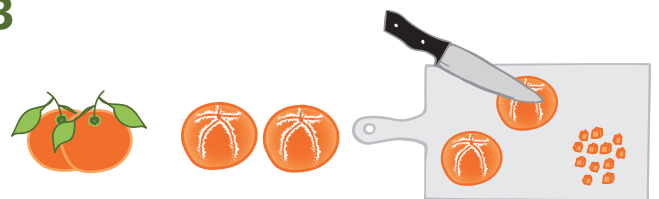
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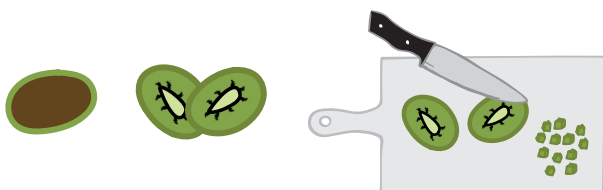
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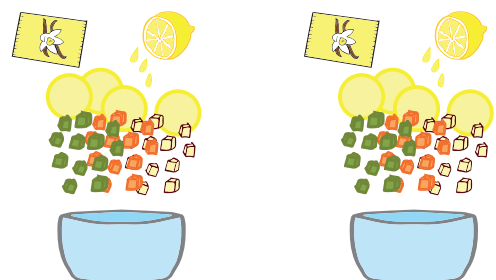
3



4



5



Biscuit coulant au chocolat

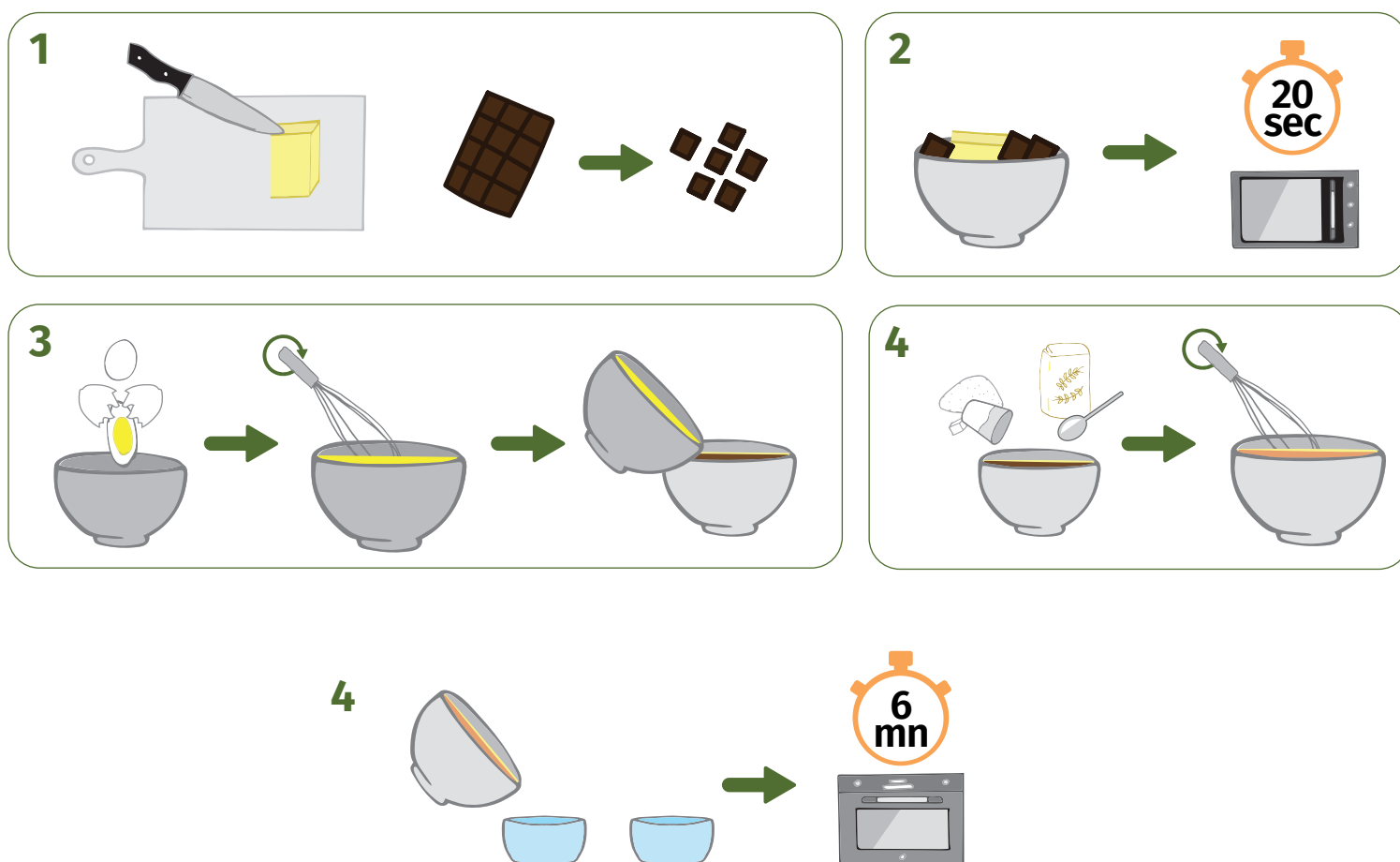
2 Personnes



Ce qu'il faut



Les étapes



Pommes, bananes, chocolat, palets bretons

2 Personnes



Ce qu'il faut



1
Pommes



2
Bananes



Moitié
Citron



6 Carreaux
Chocolat

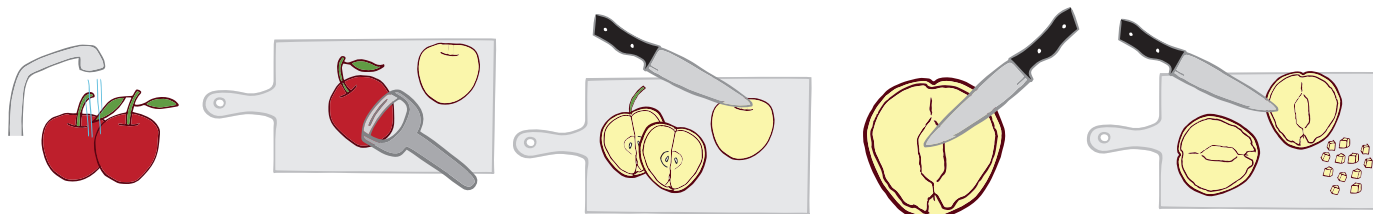


4
Palets Bretons

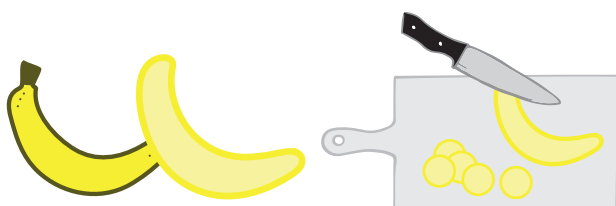


Les étapes

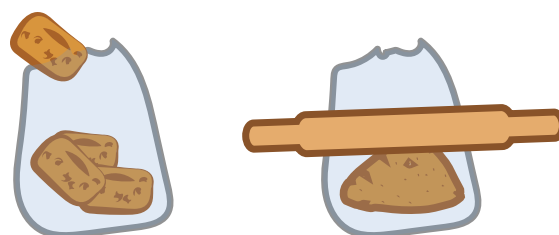
1



2



3



4

